



**Hey, show me some skin!**  
Spoke reporter Janet Morris looks at a unique form of body art at the Science Centre.

Feature 8

# SPOKE



## One monster of a gift idea

Japanese toys can make a unique and interesting gift idea.

Feature 11

## Turkey dinner, schmurkey dinner

Accommodate the non-meat eaters in your family this Christmas.

News 12

Monday, December 5, 2005

Conestoga College, Kitchener, Ont.

[www.conestogac.on.ca/spoke](http://www.conestogac.on.ca/spoke)

37th Year — No. 27



## Conestoga's school of business to offer new degree program

By MEGHAN KRELLER

Conestoga College's school of business has announced a new degree program to start in the fall of 2006.

The four-year international business management degree will focus on combining human resources and operations management training with an international spin.

"It's a different degree," said Faye McKay, chair of the school of business. "It's very unique."

What separates it from the rest is how each course delivered is set in an international context, she said.

The program has been in the works for more than two years and the advisory committee really felt there was a need for this type of program in the Kitchener-Waterloo area, said McKay.

"This is such a high manufacturing and trading area," she said. "This degree suits the area very nicely."

Research from the college shows that more than 55 per cent of Waterloo Region's gross domestic product is directed to international trade.

The degree, like many programs in the college, is very much an applied degree, she said.

"There will be the theory but the

application is going to be what is really important," McKay explained.

Students will complete at least one semester doing co-op for an international company to give them that real-world experience.

Also, through different projects, the material will all be integrated, she said.

"It's not about learning a little bit of marketing and a little bit of accounting for example," she said. "It's how it all fits together."

The program will start with a maximum class size of 45. Graduates will receive a bachelor of applied business/international business management degree.

## Student crashes car on college property

By DENISE MÜLLER

The snowy weather on Nov. 24 caught most drivers off-guard on local roads and expressways, and at Conestoga's Doon campus.

At around 12:50 p.m., a student lost control of his vehicle in front of Door 5 and slid up onto the sidewalk near the wheelchair ramp.

John Anderson, a security representative, said there was no damage to school property but the school is investigating the incident.

"The student was obviously going too fast for road conditions," said Anderson.

The speed limit on college property is 15 km/h.

Anderson said that is already a very slow speed, and with the road conditions that day, everyone should have been driving slowly, and definitely not going over the speed limit.

"What's the speed limit on the 401?" he said. "Do you really

think anyone is going to be going 100 km/h in this weather?"

He said no one was injured in the accident, although a female student was about to cross at the crosswalk when she saw the car coming, but waited before crossing.

"With the traffic on campus property, I'd hate to see somebody seriously injured," he said.

There might also be a code of conduct review for the student, Anderson said.

Waterloo regional police appeared at the scene around 3 p.m. as the student was still waiting for a tow truck.

Olaf Heinzel, public affairs coordinator for the police, said there will not be any charges laid in the incident and there was under \$1,000 in damages to the car.

Heinzel said the driver still needs to come to the accident-reporting centre and get a report filled out in order to get the vehicle fixed.

The report said, "the vehicle likely spun out and hit the curb."



(Photo by Denise Müller)

A Conestoga College student lost control of his car on Nov. 24. The car hopped the curb at Door 5, narrowly missing a pedestrian about to cross at the crosswalk. No one was injured but police were called to the scene.

## CSI celebrates opening of new photo studio in the Sanctuary

By VANESSA PARKER

Conestoga Students Inc. opened their new photo studio on Nov. 23.

Shooters Photo Gallery will offer students graduation photos and class composites.

Passport photos and family and individual portraits are available to students, faculty and staff.

CSI has always offered photo services but has used outside businesses as opposed to Shooters, which is owned and run by CSI.

"We decided it was time to offer students service on demand," said Lindsay Silk, administration assistant for CSI.

"Shooters will offer a higher

quality service and be more accessible for students than the way they've done grad photos in the past."

Silk said this is the first time that Conestoga has had its own photo studio.

According to Silk, the services used in the past didn't provide the quality of work that CSI wanted.

"This made CSI want to find another option for students," she said.

If you are graduating this year you can get a package for \$135 plus a \$25 sitting fee. A class composite is included in the price of the grad packages.

Passport photos cost \$10 and fam-

ily and individual portraits cost \$35 for each sheet of photos ordered.

The photos take two weeks to process and are picked up in the CSI office.

All profits go to CSI.

The photographer, Melanie Sander, will be on campus Monday to Friday, 9 a.m. to 4 p.m.

The photo studio will be in the Sanctuary until May and may return in September, depending on how busy it is.

Order forms are available in the Sanctuary and students can sign up for a time slot by going online at [www.conestogastudents.com/shooters\\_page.html](http://www.conestogastudents.com/shooters_page.html) or by going to the CSI office.



(Photo by Vanessa Parker)

Photographer Melanie Sander takes the cake during the grand opening of Shooters Photo Gallery in the Sanctuary on Nov. 23.



## Now deep thoughts ...with Conestoga College

Random questions answered by random students

What is your favourite thing  
about Christmas?



"Santa Claus because he brings presents."

Emily Ernst, 5



"Getting toys because I can play with them."

Connor Hamilton, 5



"The snow because I like to make snow angels."

Kaitlyn Janzen, 4



"The reindeer because they eat carrots."

Mackenzie Godbehere, 5



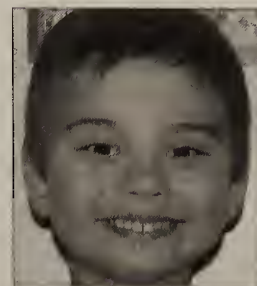
"Presents and candy because it's more toys."

John Dejardins, 5



"Christmas dinner and singing songs because they're fun to do at Christmas."

Sarah Seaner, 4



"I like the snow because I can make snowmen."

Benjamin Hashimoto, 5

Smile Conestoga, you could be our next respondent!

# College marketing team lands silver at competition

By MEGHAN KRELLER

Conestoga College came home with the silver medal from this year's Ontario College's Marketing Competition (OCMC). The group of 14 first- and second-year marketing students competed at Toronto's Seneca College on Nov. 17 and 18.

The OCMC allows students to put their marketing skills to use. The annual two-day event focuses on areas such as sales management, marketing research, interview skills, presentations and entrepreneurship.

Conestoga trailed St. Lawrence College by only six points overall and succeeded the third-place teams by 13 points.

This year marks the ninth year in a row that Conestoga has brought home a medal. Three of those years it was gold.

Marketing professor Lisa Symons said there is definitely a combination of factors that has made Conestoga so successful over the years. The main reason, however, is the preparation on both the student and faculty level, she said.

The faculty takes the annual event seriously, kicking it off in September to get the students ready, she explained.

"Even when the students are in first year they hear about it, they know it's going on and they get

excited," she said. "So by the time we go they're pumped, keen and ready."

At some of the other colleges, they choose their team a week before the competition and they don't really practise, said Symons.

"Sure, it's still a great experience for them but they aren't as successful in winning the awards," she said.

However, medal or no medal, the OCMC is a rewarding competition on so many levels, said Symons.

Students get that intense, one-on-one training with faculty that you just can't pay for, she explained. Also, the whole competitive environment really helps the students become more disciplined.

"They learn to cope with the pressure and think on their feet," she said.

The students gain a sense of community involvement and feel like they are part of the school after they represent the college, said Symons.

Kendra Allen and Jaska Panic, both third-year students, won the gold medal in the marketing research event and the silver in the direct marketing competition. Both Allen and Panic competed last year as second-year students and said it was a rewarding experience.

"It was nice to learn, meet new people and try different things," said Allen. "The coaches have been

good in pairing people who work well together."

Panic said the reason Conestoga does so well is the preparation by faculty. However, seeing how the group comes together at the end is the most rewarding part of it, he said.

"Even though some of us were complete strangers (last year), it's funny how in the end we were all together as a team."

Ainsley Moir said she tried out because it gives students the competitive advantage that they need when looking for jobs.

Even with the disadvantage of being a second-year student, Moir said she was confident before the competition. She also said the extra practise preparing for the competition helped her become more confident in her classes.

Moir was part of the silver-medal Quiz bowl team and she also won bronze in the marketing case study along with her partner Andreea Racolta.

Other 2005 team members included Rob Boomsma, Andrea Brown, Matt Congi, Scott Crozier, Jeff Delion, Jenn Knarr, Ben Fox, Alicia McGeagh, Meghan Scott and Trevor Scott.

Sponsors for Conestoga's team this year included the college's Alumni Association, Fastenal and Lackner McLennan Insurance.



(Photo by Adam Black)

Conestoga's marketing team won silver at the annual Ontario Colleges Marketing Competition at Seneca College in Toronto. They placed second out of 16 teams.

## Tibbits has passion for tennis

By JON YANOFF

Whether it's leading Conestoga College as president or beating opponents on the tennis court, John Tibbits has the advantage.

Tibbits, in his 19th year as president, has been able to shape the college's future, while keeping in shape playing a sport he enjoys.

"I think what organization leaders need are people who aren't just unit dimensional," said Tibbits. "You want people with a number of interests, otherwise you would get stale and your life would get boring."

Tibbits, as an amateur tennis player, did well in the Canadian national tennis championships in 2003 and 2004 and finished third in the Ontario provincial tennis cham-

pionships in 2004 in Toronto.

"My finishes weren't bad considering my first priority is as the college president, while some of my opponents play tennis night and day," he said. "I played someone in one of my first tournaments who was ranked number 1 in Ontario (in his age group) and I beat him. Everyone had no idea who I was, so that must have shattered his world view on tennis."

Tibbits said he won a tournament two years ago at the Hunt Club in London in a private weekend tournament and won \$150, which had to be spent at the pro shop at the club.

Tibbits' athleticism started when his father taught him to play tennis at age nine, which stood him in good stead as a member of McGill

University's varsity tennis team.

"I also played varsity hockey at McGill, so if I wanted to perform at a national calibre level I had to be playing tennis constantly," he said.

Tibbits said he might compete in the 2006 nationals.

"This year I had to concentrate on the college," he said. The provincials are usually in July and the nationals are in August. "I have to take a week holiday during the nationals, so I really can't do my job at the college at the same time."

When Tibbits retires he said he might travel overseas to places such as Spain and New Zealand to compete in the world championships and European championships. Only then would he receive a world ranking.



# College planning to partner with more universities

By JON YANEFF

Conestoga College's five-year strategic plan is continuing to give students opportunities to advance their education, such as having more degree completions available after they graduate with a diploma.

In the next year the college will institute several partnerships with different universities.

Conestoga's president John Tibbits said he wants there to be clear pathways with universities, so when students graduate from a program they won't have to convince a university to accept them.

"If your average is a certain percentage then you will be automatically accepted by the university, then within a reasonable amount of time, you can get your degree," said Tibbits.

Conestoga already has a number of degree completion opportunities including ones with Wilfrid Laurier University's Brantford campus and with Ryerson University. There are also several overseas degree-completion opportunities including universities in Australia, such as Griffith University.

Tibbits had a meeting at Ryerson Nov. 5 to discuss possible post diploma-degree completion agree-

ments with the university.

"Our goal within the next five years is to make sure students in every program can complete a degree at a university nearby," he said. "I think we can do it, but it's just going to take some time."

**"Our goal within the next five years is to make sure students in every program can complete a degree at a university nearby."**

*John Tibbits,*

*Conestoga College president*

Right now in business programs students can complete a general business diploma then have an option to get an accounting diploma and then complete a bachelor of business studies (BBS) through the University of Windsor. Starting next September business students will be able to bridge into international business programs to get their degrees.

Tibbits said he doesn't want students to feel they have wasted their time at college because it didn't lead to a job right away.

"Students in the past may have thought the university system hasn't treated them fairly," said Tibbits. "If the pathways lead to a degree, then students will have technical skills at college as well as the degree they need at university."

Other areas Conestoga's strategic plan highlights are expanding apprenticeship and apprenticeship diploma programs.

"There's a huge shortage of skilled workers in that area," said Tibbits.

He also said more post diploma programs will be offered because university graduates will need more job skills.

"We'll see more post diploma graduates, which will be good for our college graduates," he said. "For instance, a new program will be events management and marketing students may be interested in completing that program as well." A lot of new programs will be created in health, such as respiratory technology and medical lab technology and a whole series of other programs.

Tibbits said hopefully the college will be expanding to the University Heights campus and on vacant land across from Highway 401, as well as expanding Conestoga's Guelph campus.



(Photo by Paige Hilton)

## Nearly blown away

Nov. 24 brought the first snowstorm of the season to the region. Blowing snow, icy winds and slippery roads made going anywhere a challenge. Just days after the storm, rainy weather arrived and the snow melted away to nothing.

## CORRECTION

Please be advised that the General Motors "Student Bonus Program" ad appearing in Spoke on Nov. 28, Oct. 3 and Sept. 19, 2005 incorrectly reproduced artwork to exclude the following legal text:

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Chevrolet Cobalt SS

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# Christmas is more than gifts

According to a 2002 report released by Visa Canada, 84 per cent of Canadians believe giving gifts for the holidays is important, and our country spends nearly \$18 billion every Christmas. That brings the total that every adult drops on presents around \$800.

We have taken a holiday that was initially celebrated by Christians for the birth of their messiah and spun it into a buyer-driven blowout, so much that the line between the real meaning of Christmas and the materialistic meaning of it has blurred.

There are so many things to be grateful for during the holidays. It does not have to mean celebrating for religious reasons, nor does it have to be about the selfish act of waking up and expecting a mountain of gifts wrapped in sparkly snowman paper and decked out with red velvet ribbons.

It should be a celebration of family and friends where you are thankful for everything you have, thankful for the people in your life and thankful that you are able to celebrate at all.

Some families find themselves in predicaments where a parent has lost his or her job, and money to fulfill their children's Christmas expectations is not there. What might Christmas mean to these people?

An online Christmas column at teenink.com described a father who had been unexpectedly out of work and when Christmas morning rolled around and there were no gifts under the tree, an anonymous member of the community rang their doorbell. When they opened the door, nobody was there, but a giant bag filled with clothes and toys had been left on the front step for the kids.

Ever since then, that family has been giving back to the community in the same way. It was about making sure the children did not have to remember that Christmas as a bad time, but to teach them about how big people's hearts can be. It is a lesson they will carry with them for the rest of their lives.

Christmas should be the time when you think of others first. Many people lose loved ones this time of year, and this is when we should all be thankful for the people we do have. If you do not celebrate the birth of Christ, then celebrate the lives we've been given.

Listen to your elders when they tell the same stories over rum and eggnog that you have heard every year before. There is wisdom that comes with age, and listening to what they have to say will enrich you.

Remember all the times in elementary school when you would get dressed up and sing Christmas carols to your peers, or when you made arts and crafts out of paper, glue and glitter. Think about what a nice feeling it was to go downtown and watch the parades with the festoon-decorated floats and the marching bands playing your favourite holiday songs.

Christmas is about building memories. It's about smiling in photographs while you're helping prepare dinner, to paste into a scrapbook to look back on with future generations. When you look back on those photos, the Old Navy jeans you got will not be the first thing that comes to mind.

If you are going to give a gift, give something that comes from the heart that does not necessarily mean spending a lot of money. If you do have presents on your mind, think about all the things your loved ones sacrificed to give those to you. Take comfort in knowing that people are thinking of you, and apply it to your own giving. It is a better feeling to give to someone than to receive.

It is all the small things that make Christmas what it is. This holiday season when you're sitting around the dinner table, be thankful for the unconditional love and giving you are part of, and be excited to pass it on.



# All I want for Christmas...

*I'd like to have a million dollars to go anywhere I want*

Now, I know what you're thinking and no, I don't want my two front teeth. I'm very happy with the ones I have, they're shaped in such a way that I can squirt water about two metres through the air.

No, there are many other things I'd like for Christmas and here they are:

I'd like world peace. I know it sounds like a Miss America speech and it's definitely too much to ask for, but hey, aim big right?

I want to walk through a mall without being trampled by thousands of pissed off people, all wanting nothing more than to get out of there because, let's face it, shopping for anyone but yourself sucks ... a lot.

I'd like a million dollars. Not a billion, I'm not greedy. I'd like a million because it would give me the freedom to do whatever I want to do, go anywhere I want to go (Hawaii keeps looking better and better the closer we get to winter) and pay off all my debts while still



Mike Bors

*Opinion*

being able to experience what it's like to be a real person in the working world.

I want to be a mall Santa for just one day so I can hear about all the newest and coolest toys on the market while silently wishing I had them for myself. Plus, I've always enjoyed talking to children about what they're passionate about. There's something very refreshing about it.

I'd like to be done college so I can have some fun before I have to get out into the real world.

I'd like a new acoustic guitar because it's such a pure sounding instrument. More importantly, I'd like to be able to play an acoustic

guitar without going through the tediousness of lessons or practice (something tells me that million dollars is a much closer reality).

I want a DVD that can hold all three Lord of the Rings films so I don't have to get up.

I'd like to walk up to a random person on the street, shake their hand and wish them a Merry Christmas without getting one of those "this person needs help" looks.

I'd like a picture of myself and George W. Bush in which I'm flipping him off because I'm Canadian and it would make me cool amongst the general population.

I'd like an Academy Award for no apparent reason ... I don't know why.

Finally, I'd like to know that everyone, rich or poor, young or old, big or small, has someone for the holiday season, because we sometimes forget that that's what it's really all about.

## Letters are welcome



**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

**Spoke** reserves the right to edit any letter for publication.

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Room 4B14, Kitchener, Ont.,  
N2G 4M4

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# Electronic gifts dance in their heads

Well, the weather outside isn't so frightful just yet, but it is that time of the year when crowds fill the stores in the hope of finding the perfect gift for that certain loved one.

As I sit down to figure out who's been naughty and who's been nice, I can't help wonder what's going to make people's wish list this year.

Slippers for mom, another tool set for dad, a racetrack for little Johnny, a doll of some sort for little Mary, perhaps one that pees when you feed it - the ideas are endless.

But is it really that easy anymore? Trends, fads and technology change so much and rapidly these days I can only depend on a good return policy to make sure people get what they want.

Is it the thought that really counts?

I used to think so, but children have become very demanding and very particular to what they want Santa to bring them for Christmas. Visions of sugarplums are no longer what are dancing through children's heads as they lay down on their pillows the night before Christmas. Instead, it's DVD players, iPods, TVs and Xboxes that have caught the eyes of good little boys and girls.

The lists are nothing like I've ever seen or ever dreamed of asking for.

Feeling rather nostalgic I searched through the boxes of toys my mom so meticulously stored away over the years to see exactly what was placed under our tree



Eric Murphy

Opinion

with care.

Gone are the days when my brothers and I sat battling the evil Shredder with Ninja Turtles Michelangelo, Raphael and Donatello or travelling through space with Transformers to find our Lego fortresses.

The toys were always great but it was our imaginations that created the backdrop for daily adventures. Our Lego spaceships travelled to wondrous worlds or our Hot

Wheels burned up the streets of our sand-made cities and if there were air miles for imaginary trips, we would own the world by now.

Today children's imaginations consist of what DVD to put in and what mp3 to listen to, and the only space travel they may accomplish are the ones taken from one level of their Playstation to the other.

But am I being too harsh? Have I reached that age comparable to our parents when all we do is reminisce about the past and how much better it was back in the good ol' days.

Possibly, but the more I talk to children the more I find them asking or demanding, not wishing, for things I would never have thought of listing.

I turned to a friend's son for some help, perhaps pointing me in the right direction for a gift for someone similar in age.

"I want a cellphone," the little seven-year-old said. "Get him a cellphone."

The father laughed, knowing Santa would not be bringing the gift.

Why on earth would a boy or girl of that age need a cellphone? Whatever happened to Hot Wheels, remote control cars and action men?

Perhaps I am being a little too nostalgic, but this year I hope that Santa has very deep pockets and when he's filling those stockings by the chimney with care, he remembers to throw in a little imagination.

## John Lennon still idolized

It is an event that may not have changed the world, but it shook the foundation of the music industry in a way that hasn't been seen before or since.

John Lennon was murdered 25 years ago this week, on Dec. 8, 1980.

Many people ask me why I care so much about a man who was gone five years before I was born. I usually smile and ask them how long of an explanation they want.

A few years back, I picked up the Beatles 1 album - a collection of all their 27 number 1 hits. I immediately fell in love with the simplicity of their early music, and the depth of their later work. Listening to the album from beginning to end, you can hear how they grew up and, unfortunately, grew apart. That aside, I have yet to find an album that is so influential in showing me what music is capable of.

As I found out more about the Beatles, I developed a particular interest in John. His wit, his cynicism, his passion and his lunacy made him stand out. It was his decision to break up the Beatles because he was the only one with enough balls to admit they had grown apart.

On his own, John was the most able of the four Beatles to assume his own identity. The love between him and Yoko Ono has become somewhat legendary in the rock and roll world, not because they were beautiful (Brad Pitt and Angelina Jolie wouldn't even be mentioned in the tabloids if they



Mike Bors

Opinion

looked like John and Yoko) but because theirs was a love that nobody ever truly understood, yet no one dared question.

Together, they became known for their outrageous publicity stunts. In an era where it was actually considered cool to care (the '60s) John Lennon became the poster child for the thing that it was coolest to care about, peace.

During the last five years of his life, John quit making music and focused on being a father to his only son with Yoko, Sean. He would take pride in his newfound domestic talents, such as bread making.

Two months before his death, John and Yoko released a new album entitled Double Fantasy. The cover has the two of them sharing a kiss, symbolizing their continued devotion to each other.

John was shot outside his apartment in New York while returning home after putting the finishing touches on the newest single off of Double Fantasy. The murderer's motives can be described as nothing less than psychotic, he even asked John for an autograph beforehand.

So why idolize a man who died before I was born?

For one, John is someone who

always commanded respect, even in the way he died. While other rock legends died of self-imposed causes (Hendrix, Morrison and Cobain to name a few) John was killed by a fan that, as odd as it sounds, just may have loved him too much.

I prefer to remember him for the way he lived - someone who displayed the utmost confidence in his own ability to make music. But it was through this music that he was able to reveal to the world that he was just as scared and insecure as everyone else.



### Counsellor's Corner - Cutting/Self-Harm

Expressing hurt can come in many forms. Sometimes we deal with painful feelings by having someone to talk to whom we feel we can trust. However, other times we may become withdrawn, thinking that no one is available to listen and no one will help anyway. Or maybe we lash out angrily- shouting or hitting because we feel out of control. Using alcohol or drugs can be a way of coping for a while, but usually the hangover continues and the bad feelings are still there.

For some people, cutting or self-harm has become a way to cope with feelings (usually emotional pain and anger) they can't seem to express. It can also feel like a way of staying in control. Some say it brings a release, ending the emotional pain by providing physical feeling and even evidence that they exist. Cutting does the talking. People who self-harm usually say they do not wish to die, just to feel.

The reasons people self-harm are numerous and individual, as are the methods used. Perhaps someone has experienced a form of emotional, physical, or sexual abuse; bullying in school for being 'different'; depression; parents' separation or divorce; a significant loss; strict family rules; or generally feeling misunderstood and unable to talk about what was going on. Or sometimes people really don't know why they are doing this - just that it is taking its toll on their body and not really ending the pain. The consequences aren't worth it. Cutting and self-harm usually brings negative attention in relationships, scars that don't fade, the need to wear excessive clothing, and energy spent in keeping this a secret or trying to stop.

If you or someone you know wants to talk about cutting or self-harm, professional counsellors are available to listen in Student Services. The college's Learning Resource Centre also has various resources (books, articles, videos) on cutting and self-harm, and resources are available in the community. Our counselling services are free, voluntary, and confidential.

A Message from Student Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>

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# Students get advice about trades

By JON MOLSON

Skills Canada — Ontario hosted the fifth annual Skills Work for Women networking dinner in an attempt to encourage young women to enter skilled trades.

The dinner's main focus was to provide high school students with an opportunity to interact with women who presently work in the skilled trades or technology fields, getting career advice and inspiration.

Amy Ross, regional administrator for apprenticesearch.com and an alumni officer for Skills Canada — Ontario, said a lot more women are breaking into the skilled trades and technologies in recent years. She has worked for Skills Canada — Ontario for three and a half years.

"The networking dinner is a way of encouraging more women to consider entering this field and to introduce them to role models who have gotten into these areas and really enjoy them," she said. "It is less intimidating for high school girls interested in the skilled trades then looking someone up in the yellow pages and calling them to do an informational interview of some kind. This is a non-threatening kind of setting."

Ross recruits apprentices, pre-apprentices and employers for the apprenticesearch.com website. She also posts any kind of information related to apprenticeship on the website, which is run for Kitchener, Waterloo, Guelph,



(Photo by Jon Molson)

Jennifer Speers, a first-year millwright apprentice, gives a speech at a Skills Canada — Ontario networking dinner on Nov. 22.

Cambridge and the surrounding communities.

Skills Canada — Ontario is a non-profit organization which is committed to supporting youth development and the success of industries in the province. They promote the skilled trades and technologies as a sustainable career path for young men and women. Skills Canada - Ontario will run 11 Skills Work for Women Networking Dinners this year in Ontario. The Kitchener dinner was held at the Holiday Inn on Nov. 22.

It was attended by 125 guests, including 65 students from six high

schools, 28 mentors and 32 other guests, such as teachers and dignitaries. Out of the 28 mentors, 10 are employed through the college. Apprentices from Conestoga College and the Canadian Automotive and Trucking Institute also attended the dinner. Jennifer Speers, the first spotlight speaker, said people have to love what they do in order to enjoy their jobs.

"The biggest thing I push is that if you're not happy, don't do it," she said. "You need to love what you do."

Speers is a registered first-year millwright apprentice who attends

Conestoga College on a day release program, which allows her to work full time while still attending school once a week.

She said being a millwright apprentice is rewarding.

"Every day is different. There is not one day where I do exactly the same thing and you're always learning something new," Speers said. "One thing I have to say is it has definitely made me stronger and more independent."

Pam Bunker, a graduate of Conestoga's architecture-construction engineering technology program, said she has been well received in the industry.

"You have to prove yourself at work. It's not the industry, it's the guys you work with and as soon as you prove yourself they're fine and they will support you."

Bunker is currently employed as an architectural technologist at Andrew Bousfield Architect.

Her advice for the high school students attending the dinner:

"The message I want to leave you with tonight is whatever you decide to do, whatever your path may be, just be dedicated, work hard and you will get both respect and what you want in life."

Julie McNab, who is a wood-working and construction technology teacher and the final spotlight speaker, said being trained through college made a huge difference in getting started in the skilled trades.

"Conestoga was an excellent choice for me because it offered a lot of different programs," she said.

"If I was going to make a career change, I wasn't going to look at a one-year program. I wanted a program that would give me a real career opportunity and get me out into the workplace with a significant amount of education."

Denise Cunningham, who works for Union Gas (a Duke Energy Company), said this is not the first time she has been a mentor at a networking dinner for Skills Canada — Ontario.

"It is an opportunity to share some thoughts and experiences with the young girls," she said. "It adds a whole new aspect to share our knowledge and encourage people into the skilled trades."

She said the number of women who are interested in the trades is slowly increasing.

"I would like to see them increase a little more, but they are increasing and I think that is because they are given more opportunities to explore the trades and see what they are like," Cunningham said. "The numbers are going up at a younger age because of initiatives like Skills Canada — Ontario and other programs out there."

Ross said the evening was a success.

"The feedback at the end of the evening was fantastic," she said. "95.5 per cent of the students indicated they are more likely to further investigate careers in the skilled trades and technologies and 100 per cent would recommend this event to others. Both are very encouraging statistics."

## Women to be celebrated at Conestoga College

By TIFFANY MCCORMICK

The Women's Resource Group has a full plate next semester.

Each year the group holds a dinner, entitled Celebrating Women at Conestoga College, to celebrate women at the school.

At their monthly meeting on Nov. 25, the group discussed possible performers for the event as well as when it will take place.

**The Women's Resource Group would like to have a web page ... to introduce themselves to students, faculty and staff.**

Due to the possibility of a strike at the end of February the group cannot hold their dinner during International Women's Week, the week following reading week, so a location, the date and performers are all still undecided.

Suggestions included past authors, vocalists and even a mountain climber. Maureen Murphy-Fricker, a liberal and media studies faculty member, suggested a college student to sing during the dinner.

"It's always nice if there's a Conestoga College connection,"

said Julia Biedermann, chair of engineering and information technology.

Student life co-ordinator Leanne Holland Brown said "the musical element is so nice."

The dinner is open to male as well as female college students and faculty as well as the public.

In other business, the group discussed a T-shirt design contest at the college, based on a similar event at Wilfrid Laurier University.

A T-shirt campaign promoting anti-violence had been discussed at previous meetings.

When it comes to raising student awareness towards anti-violence, Holland Brown said she thinks the T-shirts "would be really effective."

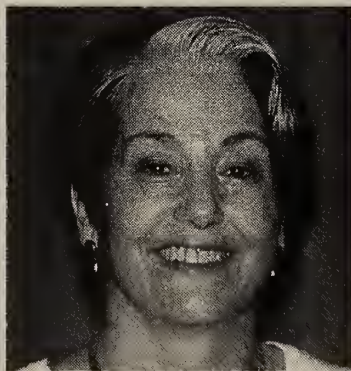
Students would be able to design a T-shirt to represent what anti-violence means to them.

Members questioned when to introduce the contest. The possibility of the winter semester or the 2006 fall semester was discussed.

"We would, as a group, like to have our first run at it this winter," Joan Magazine, Student Services counsellor said.

Members also discussed the possibility of creating a web page.

The Women's Resource Group would like to have a web page on the college website to introduce



Joan Magazine

themselves to students, faculty and staff.

The group feels incorporating students into the creation of the web page would be an excellent idea.

"This is real life application," Holland Brown said.

Biedermann said by having students create the web page it is a way for them to be creative.

The group is considering finding volunteers from the computer programmer/analyst and graphic design programs to put in charge of page design. A sub-committee has been created to handle future discussions on this issue.

Their next meeting is scheduled for Dec. 9 when ideas for the winter semester will be put on the table.

## Tibbits shares his experience of visiting the land down under

By JON YANEFF

Australia is a beautiful country and Conestoga students have had the opportunity to complete their degrees there for years.

Students in the past have asked Conestoga's president John Tibbits to share his experiences down under to help them when they attend one of that country's universities.

"I think when you travel to a country like Australia, it's different enough that it causes you to rethink some things that are happening in Canada," he said. "It gives you another perspective on life when you've lived in the same place your whole life."

Tibbits said he took a 21-day cruise that travelled to Hawaii, Fiji and New Zealand before stopping in Australia, where he decided to find a job.

"I walked off the boat and it took about six hours to get my luggage, so I decided to find the department of education to see if I could get a job," said Tibbits. At the time he had a science degree and teacher training from McGill University.

Once there, he was told to make an appointment with the person who oversees the hiring for the schools in Sydney.

"Instead, I walked down the hall and knocked on his door and told him who I was," said Tibbits. "At first he wasn't happy, but it turned out he spent two years in Montreal and went to McGill where he got his masters. It also turned out that a teacher at an all girls school had a nervous breakdown and they needed someone immediately."

"He asked me if I could start tomorrow, but I needed time to settle down because I had just got off the ship that day," said Tibbits. It was Tuesday so he had until Monday to get settled.

He taught fifth (Grade 12) and sixth (Grade 13, OAC) forms at the Blacktown Girls High School for two years.

"I was lucky," said Tibbits. "I'm not recommending this as a normal procedure for people going job hunting. I wasn't planning to work right away, but taking the risks that I did definitely helped me."

He said the main reason he came back to Canada was because Australia was so far away from his family, but it was an interesting life experience.

"I enjoyed teaching there and I made friends that I still keep in contact with to this day," said Tibbits.



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December 8th  
10:30am - 1:30pm  
room 1B25

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-reflexology  
-massage therapy  
-healthy diet

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Drop in!*



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**ALL WEEK IN THE  
SANCTUARY  
DEC. 5TH-9TH**

## **ALL WEEK CHRISTMAS MOVIES IN THE SANCTUARY**

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Christmas Vacation  
A Christmas Story  
Home Alone

**11:30AM  
START!**

**HAPPY HOLIDAYS!**

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# SOMETHING

STORY AND PHOTOS  
BY  
JANET MORRIS

The ring man (right) demonstrates the compactness of tissue and the close proximity of the individual structures to one another. The thinker (below) is a skeleton and arteries of the vascular system shown together. The arteries around the skull reveal the presence of the soft tissue of the scalp; conversely, the head, which the thinker is looking at, consists only of arteries.



In order to know what you are made of, you have to look inside. Or try the next best thing, Body Worlds 2 at the Ontario Science Centre. This anatomical exhibition features more than 200 authentic human specimens, including 25 entire bodies, individual organs and transparent body slices.

All specimens have been separately and systematically organized in the display by subject areas such as the locomotive, nervous, respiratory, digestive and circulatory systems.

Each specimen has been preserved through the process of plastination, a method that replaces bodily fluids with reactive polymers such as silicone rubber, epoxy resins or polyester.

All specimens are dry, odourless and have retained their natural surface even after preservation at the microscopic level.

This completely new form of presenting anatomy serves to display the complexities and beauty in which nature has created humans.

The technology was invented in 1977 by Dr. Gunther von Hagens at the Institute for Anatomy at Heidelberg University in Germany.

Von Hagens originally created this process of preservation to educate dental and medical students.

The touring exhibition is aimed at educating the layman about the function of the human body when

it is healthy and when it is unhealthy.

Art and science combine, especially in the full-body plastinates posed in tasteful and imaginative positions such as the javelin thrower, skateboarder and the ring man.

Sheet plastinates allow the body to be seen in cross section and in intricate layers.

All specimens were donated by people who agreed upon their death that their bodies could be used for educational purposes in the exhibit. The donors' personal information, such as identities, ages and causes of death, is not disclosed.

In a Global Health Nexus article published in the fall of 2004 from the New York University College of Dentistry, von Hagens, the creator of Body Worlds 2, said he found it incredible that before we were able to go to the moon, but we were not able to preserve bodies properly.

While some may object to the displays, saying they violate the dignity of the deceased, von Hagens said, "Plastination offers a kind of secularized burial; a consolation, in that it changes the face of death."

The physician said he was convinced that given an opportunity to view the never-before-seen inner realms of the human body, most people would react not with revulsion, but with awe, heightened respect and pride in the facts and functions of their bodies.

"When viewing the exhibits," he said, "we become aware of the naturalness of our bodies and recognize the individuality and anatomical beauty inside. Plastination allows viewers to study the entirety of the body and to understand them-



Obesity is revealed in the display of a normal human body slice beside overweight human body slices showing fat tissue and its relentless attack on vital organs, thus shortening a person's life.



# FOR EVERY BODY

selves as a wonderful part of nature."

Ellen Flowers, media relations officer at the Ontario Science Centre, said the response to the exhibition has been tremendous and positive.

"As of Nov. 18 we have had 100,000 people visit the exhibition. On Sunday we had 4,000 visitors including public and student groups."

Flowers said for the most part feedback on the exhibition has been positive.

"We have not had any protests, only negative e-mail complaints by individuals who have not seen the exhibition," she said.

One specimen in particular could cause controversy more so than any others.

Beauty is the name for the female whole-body plastinate that shows a five-month-old fetus through an opening in the uterus.

This specimen is part of the pre-natal development portion of the exhibit and separated from the general exhibit by black curtains.

Flowers said this was designed to give people the choice whether or not to view this portion of the exhibit.

Some of the whole body plastinates appear to be free standing and as Flowers explained, there was some construction in the hall where the specimens are displayed prior to positioning the plastinates.

"Rods have been bolted into various locations and the plastinates simply slide onto these rods for support," she said.

The skateboarder balances on one hand while gripping the skateboard.

The soccer player stretches to score a goal and the baseball player's body is in full extension while swinging his bat.

Bev Witton, 57, a psychotherapist, came to the exhibit because she was excited to see the body's muscles in motion.

"I wanted to see the body shape out of the anatomical position and to see all the muscles as they are naturally with movement added."

Witton's original medical training was as a physiotherapist and she said all of the systems displayed were fascinating.

"The spinal cord and the canals of the brain were all really interesting to me," she said.

"You have access to various openings that you can't really see from the outside and you get all those layering effects, it's really something."

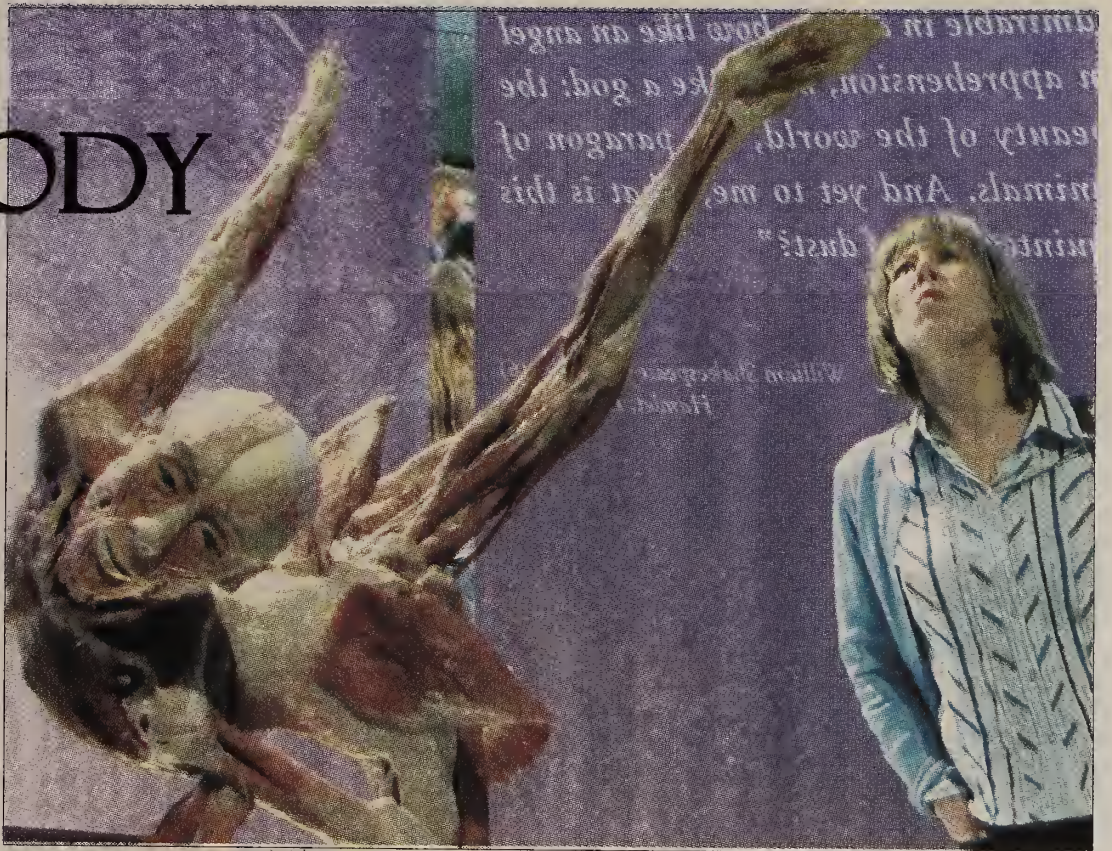
The cost for viewing the exhibit during the day is \$25 for adults 18 and older, \$21 for youths ages 13-17 and seniors and \$15 for children under 12.

If visiting during the day the Body Worlds 2 ticket allows you admission to all other exhibits at the centre.

In the evening the cost is \$20 for adults, \$17 for youths and seniors and children for \$12.

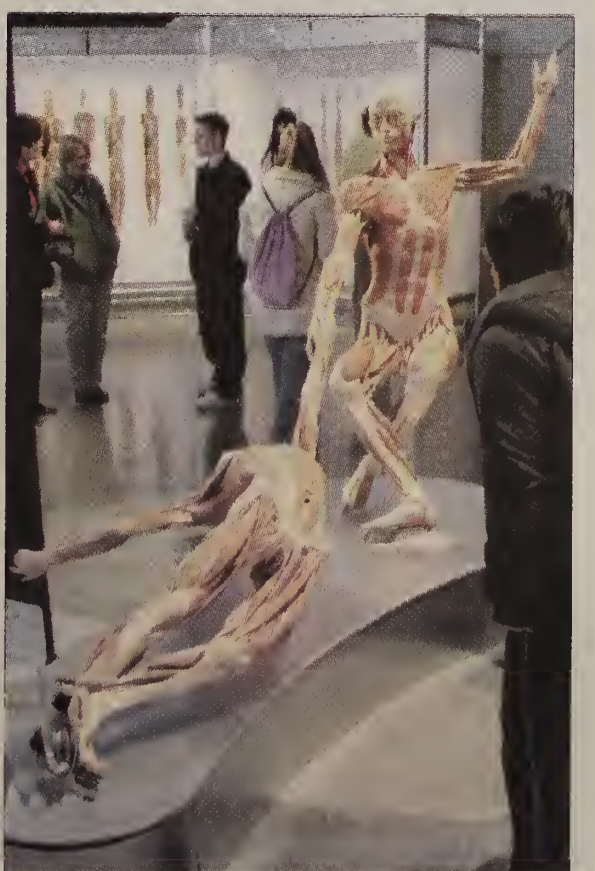
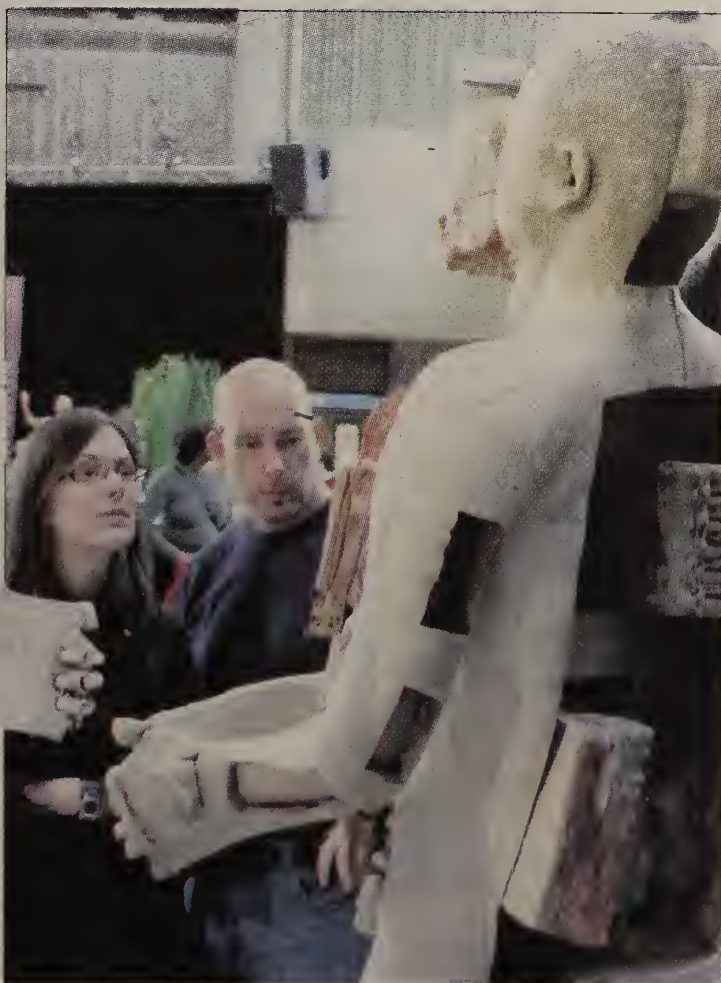
Ontario Science Centre hours are 10 a.m. to 5 p.m. While the exhibition is on until Feb. 26 the exhibit will have extended hours Thursday through Friday until 9 p.m.

For more information on visiting the exhibit go to [www.ontariosciencecentre.com](http://www.ontariosciencecentre.com) and [www.bodyworlds.com](http://www.bodyworlds.com).

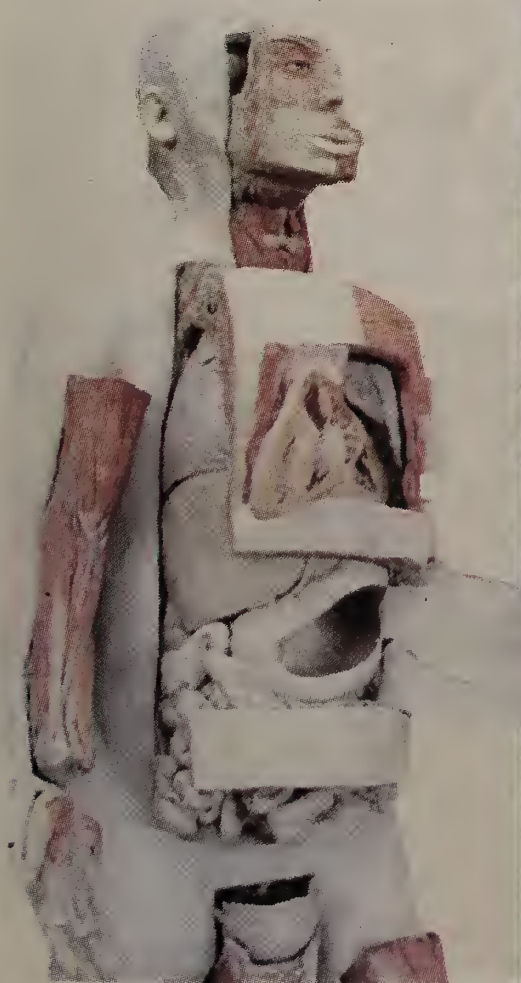


The drawer man (below) opens himself up to the visitors illustrating the compactness of bodily interiors. Fragments have been drawn out of this body's insides or have been swung open like a door.

The body's movements, including stationary and forward motion, are made possible by the locomotive system. A woman examines the underside of the foot (above). The skateboarder (left) gives insight into the gluteal muscles and knee joints which are heavily stressed during skateboarding. A male plastinate (below) is displayed upright in cross-section demonstrating how body parts and organs work together in the digestive tract to break down food, allowing nutrients to pass into the blood.



The figure skaters show the superficial and intermediate layers of muscle in action, demonstrating how moving muscles have different lengths. The stronger a muscle contracts the shorter it becomes.





# Different phone plans for different people

By TOM KALBFLEISCH

Anyone who has purchased a cellphone has gone through the hassle of purchasing a phone plan and knows how frustrating and long phone conversations with operators can be. Sometimes they speak too fast, while other times they speak too loud. And, there is also the odd time when the operator speaks some unknown language.

Finding the right cellphone plan can take many hours or even a few days of research. There are many businesses that offer cellphone plans, industry telephone gurus such as Bell or from an all-in-one department store such as Zellers. The trick is what store has the best deal.

An establishment such as Bell offers a customer a variety of phone plans; many come with a phone. Bell has a video phone package which includes a phone that costs \$205.85 as well as \$30 in monthly fees. The camera phone package costs \$115 upfront and \$30 in monthly fees, while the basic one-month prepaid package costs \$148.35.

"Our most popular deal with our younger customers costs \$145 upfront," said Jacop Taylor a customer service associate at Bell Canada. "The plan costs \$30 every month following."

The package includes a flip-phone which has a rich, vibrant colourful screen for screensavers, games and browsing the web. Other features of the phone include caller ID and picture caller ID and it can store up to 80 phone numbers, said Taylor.

At the other end of the spectrum, a phone owner can decide not to pay a monthly fee for service, and can instead drop by a local department store to buy a pre-paid phone



(Photo by Tom Kalbfleisch)

If buying a cellphone or package from a major corporation, like Bell, doesn't interest you, then try a department store. Dave Eisenloeffel is an electronics sales associate at Zellers, which offers inexpensive phones and calling cards.

card. The cards allow the customer to talk on the phone until the card's amount is diminished. Pre-paid phone cards usually come with \$5 to \$50 in pre-paid minutes on them.

"Phone cards are one of the most popular products in home entertainment," said Dave Eisenloeffel an electronics associate at a Zellers department store. "We usually sell about 10 to 12 in a week."

Between a company like Bell

Canada and a department store such as Zellers, a consumer has many options when it comes to deciding which phone plan is best for them.

"Many customers come into Zellers, wanting to know if phone cards are better than packages from phone companies," said Eisenloeffel. "I tell customers that it all depends on the preference of the customer."



(Photo by Chantelle Timperley)

## Making the right choice?

School of engineering faculty member, Rudy Hofer, helps run the voting table for the management offer that was tabled at the latest round of contract discussions. Randy Oudevoshhaar, a trades and apprenticeship faculty member, crosses his name off the voter list prior to voting.

## LCBO is not just a liquor store

By TODD RELLINGER

Having trouble finding the perfect gift for the hard-to-buy for individual or the person who has everything?

Look no further than your local liquor control board of Ontario (LCBO) store for unique gift ideas.

"We have a huge selection of gifts," said Nicole Lazurek, the World of Ontario Wines (WOW) representative at the Stanley Park location. "Customers can buy something that will really make the recipient happy."

A lot of people don't even think about buying alcohol as a gift because they look at it as being impersonal, said Lazurek.

"We have mostly women come

in and purchase gift sets," she said. "You see quite a few co-workers coming in getting stuff as well."

The most popular sets are the whiskey ones like Canadian Club and Crown Royal, explained Lazurek. The spirits are probably the second most popular ones and then the wine and beer sets.

Also, the LCBO offers customers gift eards in any amount, specialty bags, wines bags and a gift wrapping service for a small fee, said Lazurek. When consumers hands get too full, employees will even do a carry-out for them.

"We often have an in-store tasting for customers to try products before they purchase them," she said.

Even though Christmas and New Year's is a busy time, LCBO employees can still do a product search online for customers and have items transferred in from other stores at the request of the person, said Lazurek.

"To prepare for Christmas we order plenty of stock, hire additional customer service reps to be available to stock the product and have the bodies here to take care of shoppers questions, concerns and needs," she said.

"Christmastime is crazy around the LCBO," said Lazurek, adding the weather makes all the difference too. People go crazy if a storm comes and they don't have their booze.

"It's a tie as to which is a busier time, Christmas or New Year's," said Lazurek. "People are cranky and hostile at both times so it's a toss-up."

One store in Cambridge was so busy that the manager had to stop customers at the door and let them in five at a time, she said.

"I had a lady offer to buy my alcohol from me after our store had closed and she missed getting hers," said Lazurek. "That's something I've never experienced in all my time with the LCBO."



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# Take a peek at this monster of a gift idea

By MIKE BORS

Every year around this time, people tend to stress out over what to get that person who has everything.

Well, if they're a collector, why not get them something to play around with?

Japanese monster toys may not be for everyone, but they are everything to some.

Brian Flynn, co-founder of Super7 magazine which deals Japanese toys, said when he started collecting, a shop called Kimono My House in Emeryville, Calif. (between Oakland and Berkeley) was like the Holy Grail for collectors.

"I knew people in Texas who, on a long school weekend, would all pool their money together, pile into a car and drive 28 hours straight in shifts," he said of people trying to reach their Holy Grail. "They went shopping for an hour and drove the 28 hours back."

In the 1970s and early 1980s, Godzilla and Gamera movies were shown in North America as Saturday afternoon matinees. Godzilla is a giant radioactive dinosaur whose first film was just as much a commentary on the effect of nuclear testing as it was a fun monster movie (ensuing films, which had Godzilla fighting giant moths and three headed space creatures were pretty much all the latter). Gamera is a giant flying turtle from space that loves children ... enough said.

"Kids got to watch them and there was a certain level of camp to the movies," Flynn said. "They're not trying to hide the fact that it's a guy in a rubber suit."

It is the people who watched these films as children that make up the majority of the toy collectors nowadays.

Flynn compared it to the recent

revival of Transformers.

"It (Transformers) died down for a long time but it started coming back a few years ago and then it just got crazy," he said.

Flynn explained the toy trends by using a modern example. Anime shows are popular with today's youth. Although that trend will probably pass (or at least fade) once these kids hit the older high school years, once they get into college and start to develop their own identity, some of them will get into collecting the toys that remind them of their childhood.

Flynn said when he started collecting Godzilla toys in the early 1990s, there were hardly any available.

"There were only about three or four sets out there, so if you had those, you were pretty cool," he said.

Flynn said back then, or even five or six years ago, people were very completist in what they collected, they wanted it all. Now, because there is so much available, no one can afford to collect everything so they're much more selective.

The Internet has done a lot to make toys from Japan more readily available.

Vinyl sculptures of Godzilla toys are popular with collectors because of its softer feeling and overall better look than plastic. A lot of higher end vinyls are hand-painted so they'll have a unique feel and look to them.

Flynn said there are far more collectors that like realistic sculptures as opposed to interpretive sculptures but it wasn't always that way. The older toys from the 1960s and '70s are typically interpretive sculptures, meant to look cute so little kids would want to buy them. These used to be what most collectors specialized in.

It wasn't until companies called Marmit and Bandai started releas-



(Photo by Mike Bors)

Godzilla, an extremely popular collector's item, is often replicated but never duplicated. From left stand Baby Godzilla, Space Godzilla, Mecha Godzilla and the 1998 American Godzilla.

ing extremely detailed sculptures, done in very small runs (100 to 200 copies of each toy) that people's focus shifted from the older, vintage toys.

"People like the realistic sculptures but they like the playful colours," Flynn said. "They don't like the playful sculptures as much."

He said he thinks the reason most people like collecting these toys is because they're originally meant for children.

"They don't come with a lot of baggage," Flynn said. "If you collect baseball cards, you can't mess with the cards; you're going to keep it in plastic on a shelf. With toys, you can kind of beat them up and they're OK. You're not going to hurt it, it's a toy, you can drop it on the floor, although most of us won't."

Mike Greaves, owner of Generation X video on Regina Street in Waterloo, sells Godzilla toys out of his store and has his own person-

al collection.

He said there aren't a lot of people collecting Godzilla toys, but the people who do are very fanatical about it.

"Godzilla in Japan is kind of like Disney over here," Greaves said. "You have the spread on Disney toys where you have some nice quality toys but you also have the junk that you can pick up at the corner gas station. It's the same with the toys in Japan."

The No. 1 piece of advice Greaves would give to an aspiring collector is to make sure it's something you actually enjoy.

"You want to make sure you're spending money on the things you actually want," he said.

Every collector has a unique story of how they began collecting.

"It was 1983 and I saw some Bandai Godzilla toys in a gift shop," said Mark Kollerker, a Japanese monster toy enthusiast. "I didn't know anything about them; I

just saw them and thought they were cool so I picked them up. I was in college at the time."

He said after that, he'd go into comic book stores and if they had any toys, he'd buy them.

Today, Kollerker finds most of his toys on eBay and especially Yahoo Japan.

"There's a place called Japanese Services," he said. "I bid on Yahoo Japan and they deal with having the toys shipped to me."

Kollerker speaks of his latest acquisition, a mini-missile shooting Mecha-Godzilla, with the enthusiasm of a kid in a toy store.

"It's very rare," he said. "Most books don't even picture it, there are only a couple of pictures around. Unfortunately," his tone shifts to frustration, "I've got the firing tab on the damn thing but the missile's stuck inside."

Anyone who has ever collected anything should be able to sympathize with his frustration.

## Canadian cinema would love to be more mainstream

By JESSICA BLUMENTHAL

When the wind is cold and blowing snow around, there is nothing better than staying indoors curled up in a blanket in front of a fire

with a soothing cup of hot chocolate in one hand, some popcorn in the other and watching the newest action movie. For more adventurous types, you might be willing to brave going out into the cold to go

to a theatre "with the comfort of your own home."

The first instinct for most people is to head to Silvercity with its oversized stadium-style seating. There you can check out Hollywood's blockbusters.

However, they rarely carry the "Made in Canada" label.

This doesn't concern many people. The majority of Canadians wouldn't go see a Canadian film over a Hollywood film just because it's made in this country. The advertising and marketing of movies has a lot to do with it.

When 50 Conestoga students were surveyed, two-thirds said they watch one to two movies per week on average. The students said they preferred action or comedy, neither which the Canadian film-making industry excels in.

Out of the 50 students, four-fifths said they choose what movie they are going to watch based on the previews and their friends' reviews.

The origin of the movie doesn't matter when choosing what to watch, said John Hare, a second-year business management student.

"I usually end up watching Hollywood movies because they have the budget to make their movies more entertaining," said Hare.

Canadian cinema is never going to be as big as Hollywood, said

Liisa Sheldrick, who is the communications co-ordinator for Cineplex Entertainment, which owns most of the theatres in the area.

"An interest level has to be created in our culture. There needs to be a build up of appetite and anticipation for the movies."

There are a number of reasons Canadian film, especially English-Canadian film, can't compete, Sheldrick said.

She said the close proximity of the United States is a large factor. There is a need for Canadians to make more interesting movies and they need to use alternative methods of public relations to create an audience for those movies.

"A lot of times independent Canadian movies want to be art. If you want art you go to a museum, if you want a movie than you go to the theatre."

Many independent films don't get a distributor because the distributors feel they won't see a money-return, said Sheldrick, and movie houses choose the films from distribution companies.

"The entertainment industry is huge and it is a business, so it comes down to how much money are you going to make."

The top Canadian-produced film in English Canada is Mambo Italiano which grossed \$6.2 million in the box office, reported Telefilm

Canada, a federal agency that develops and promotes Canadian film.

Sheldrick said the French-Canadian film market is more dominant in our country. They have their own celebrities and directors.

"The success with the French-Canadian films is because they connect to the French culture."

There are many agencies that are dedicated to making Canadian films more mainstream and popular. The National Film Board of Canada says, "they promote the exploration of major contemporary social issues, with emphasis on diverse, hard-hitting, point of view films."

These include Ontario Media Development Corporation, FilmOntario, Telefilm and the Canadian Heritage Commission, a government department that tries to give Canada a strong, diverse identity. Despite the efforts of these agencies, a lot of the country's talent is going to the U.S.

There are Canadians making good American films, like Crash and Million Dollar Baby, with actors like Don Cheadle and directors like Paul Haggis, said Sheldrick.

"There just aren't a lot of Sarah Polleys (who was in the Road to Avonlea and has dedicated her career to making Canadian film) in the world."



(Photo by Jessica Blumenthal)

Will Muir, a Wilfrid Laurier University student, says he goes to see American films because they are better all around. The majority of people tend to hold this same view.



# Try thinking outside the turkey this Christmas

By KRISTIN GRIFFERTY

Most people associate any major holiday with some sort of spectacular meal.

The kind where people need to nap after, and will continue to eat for days and days to come.

Often, this meal has a centerpiece, a focus, a star of the show. Depending on your family's personal tastes and beliefs, the star is usually some poor little animal.

Ham, turkey, duck, venison, veal, chicken. The possibilities are endless.

But just think for a moment, about those poor souls who don't eat meat. Who or what is the star of their Christmas feast?

More and more these days, people are thinking outside the box when it comes to preparing their favourite holiday meal.

And the results have people coming back and asking for more.

A person choosing not to eat meat is making more than just a choice, but choosing a lifestyle.

One of the most popular lifestyle choices that people are starting to make is becoming a vegetarian or vegan, which is truly a lifestyle all its own.

Someone who is a vegan is an individual who chooses to live life free from animal products for the benefit of people, animals and the environment.

They will not eat or wear anything containing animal products, including milk, eggs and honey.

The word vegan is derived from the beginning and the end of the word vegetarian, which means without meat, but with vegetables.

The term was created in 1944 in the United Kingdom by Donald Watson.

Watson, by the way, recently passed away at age 95. He was an active and strict vegan, and is proof that if closely monitored, being a vegan can lead to a long and healthy life.

The reason that people choose

this lifestyle varies, but it is important all the same.

Some people give up animal products to avoid the suffering of animals, as well as the health risks and problems that can be associated with eating meat or any byproduct of an animal.

Becoming a vegan is usually the step people take after being a vegetarian for a period of time.

It is usually not an instant change, but a gradual one, in order to maintain the proper health and nutrient levels that the body needs to be healthy.

Just picture this. To keep up with the high demand for milk and other dairy products, dairy cows must give birth once a year.

Male calves are usually slaughtered immediately, or kept alive in small cages for a few months in order to produce veal.

These are just some of the barbaric activities that are performed in order to produce meat and dairy products.

There are many myths and stereotypes associated with being a vegan including the terms tree hugger or hippie.

Alicia Silverstone, Moby and Bryan Adams are all well-known, respected vegans. Would you consider any of them tree huggers?

There are millions of vegans in the world, yet they feel the strain on their bodies as well as their pocketbooks in order to maintain their lifestyle.

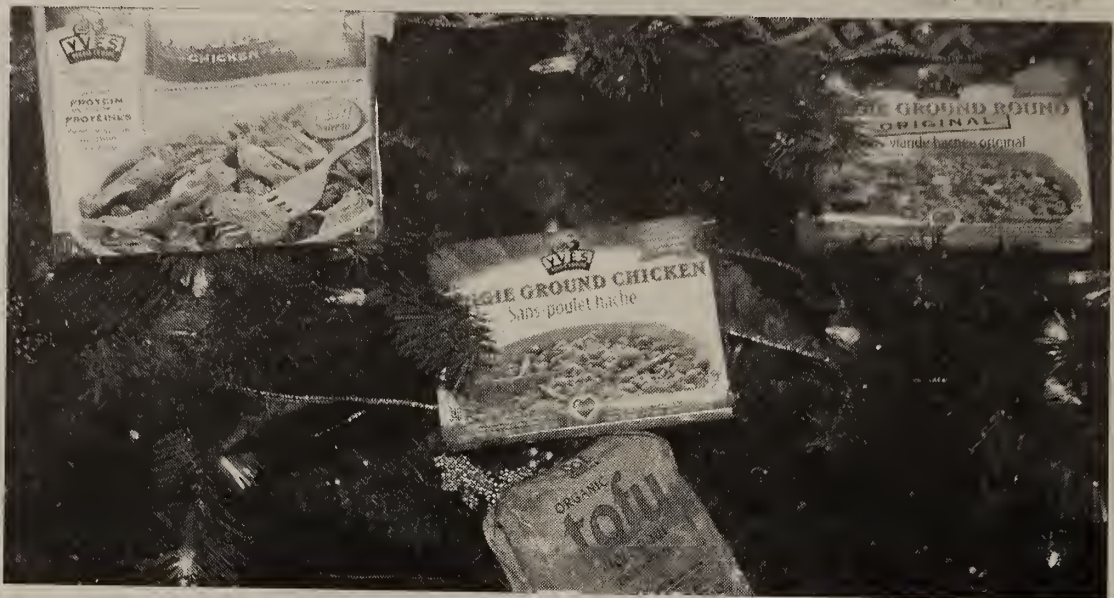
Deciding to cut out dairy and meat has its obvious consequences on the body.

The lack of vitamin B12, protein and calcium are just a handful of consequences.

Vegans must then concentrate on ensuring that their bodies have the proper supplements and are receiving the proper alternatives to maintain a healthy body.

This usually means taking vitamins, drops or even frequent injections in order to stay healthy.

If you think all of that is difficult,



(Photo by Kristin Grifferty)

With many alternatives to the typical Christmas dinner, vegans and vegetarians can now celebrate alongside meat eaters, while sticking to their eating morals and beliefs.

vegans are also faced with the difficulty of eating with others who do not share their lifestyle.

Dining out or going to a friend's house, or even eating with family, can be a challenge, if your companions don't share the same values.

Some restaurants provide a vegan menu upon request, depending on what city you are in.

Businesses in places like California and Toronto are slowly becoming more tolerant of the vegan lifestyle, and now have specific restaurants and grocery stores to accommodate vegans.

These restaurants and stores however, are usually more expensive than regular stores, but provide vegans and vegetarians the food and supplements they need in order to stay healthy.

Christmas is more often than not one of those holidays that vegans must face and struggle with, in order to make their holiday just as enjoyable as their meat-eating companions.

Humber College student Amy Harper has been a vegan for more

than four years, and is looking forward to her upcoming vegan holiday. For her, it's all about planning ahead and making adjustments to accommodate her alternate lifestyle.

"I usually make sure that I bring a vegan dish wherever I may be eating. This way, I have something that I know I can eat, and I am helping educate others on how great eating like a vegan can be."

Harper has learned in the past to inform her hosts and her family about her unique taste buds, whether it's at her grandmother's house or her boyfriends' parents' house so an alternate menu can be planned.

"It's also a lot easier to eat vegan these days because there are so many meat alternatives to choose from, like Tofurky and soy meat," said Harper. "To me, it's just like having my own turkey dinner."

Tofurky is a tofu-based replacement of turkey, which vegans and non-vegans alike have been enjoy-

ing for many years.

Turtle Island Foods Inc. is the company that created the popular vegan roast, which is available in many natural food stores at Thanksgiving and Christmas.

They also put out a vegetarian feast which includes one 26-ounce stuffed tofu roast, 4 tempeh drumettes, 14 ounces of Tofurky "giblet" gravy and one Wishstix made from what the company calls "Tofurky Jerky."

This is just one of many alternatives that are available for people who are looking for something slightly different from the norm around the holiday season.

If someone you know is a vegan or vegetarian, remember to keep their food tastes in mind this holiday season.

Those supposed tree huggers enjoy a little holiday spirit just as much as the turkey eaters do.

For more information regarding the vegan diet, or for holiday recipes that don't include any animal products, visit <http://www.vegansociety.com/html>.

## Japanese animé enthusiasts start new club

By JASON SONSER

If you're a Japanese animation (animé) fan and are disappointed to not have an animé club at Conestoga College, then the following may cheer you up.

The Doon Otaku Society (D.O.S.), as of early November, is a new club at the college where fans can go to watch some animé shows and be with others who share the same interests.

Greg Brightman, a second-year accounting student and vice-president of D.O.S., said for the most part, the club deals with mainstream shows.

"What I mean by mainstream is that people who know animé as a whole know what we're showing either by name or by seeing it altogether," Brightman said.

Brightman said about 75 per cent of what the club shows is mainstream.

Ryan Sage, president of D.O.S., a human resources post-graduate and a graduate of the college's business management program, said the

club was formed in the first week of November and has put on two shows so far. He added the club is aiming for another show on Dec. 6 and the shows normally run from 2:30 to 6 p.m. in 2E06.

"If we can try and arrange different times next semester, that work out better so we can get more people to come, then we'll aim for that," Sage said.

Brightman said the titles that are shown at the club are donated from members' own collections, which include Full Metal Panic and Trigun.

"I started up a club in Windsor about four years ago, so we (both) kind of had experience with running either through volunteer work or actually doing all the administration for the club, so we figured why not here," Brightman said.

Sage said when he first started at the college, he was a member of CTRL-A, University of Waterloo's animé club.

Brightman said by starting a club like D.O.S., he hopes that will open up some other opportunities for dif-

ferent interest groups.

"CSI, I love them, they're a good student body representative, but there aren't very many campus clubs, so it's just one of those things that spark it," Brightman said.

Sage said it's been very busy running a club like D.O.S. at the college.

"(In terms of) trying to book the rooms, anything before 5 o'clock, we've got to book with one person, anything after we've got to book with another person. Then we've got to talk with security and make sure everything is clear," Sage said.

Brightman said the first step in forming the club was to see what was needed from CSI.

"Then we had to go around and plan out when the most convenient time is for everyone to show up, what's convenient with the college. Get the proper rooms for a DVD player with a DVP. We spent about a month before starting up (on the planning)," Brightman said.

Sage said there were eight people at the first show and 10 at the second.

"We've got a little bit of encouragement, but no direct feedback.

After some of the shows, we've asked how people have enjoyed it and everyone has given positive feedback in that sense," Sage said.

He added posters have been posted to advertise D.O.S.

"Besides the posters, we've tried to get the word out on the Connex website and also through word of mouth," he said.

Sage said the club has spent \$2 on the creation of posters.

"We're trying to keep expenses as low as possible. We'd like to not rely on other sources of funding if we can avoid it," he said.

Sage said this semester is free for anyone who is interested in attending one of the shows.

"Next semester, if we've got a nice, strong foundation, we'll do the first viewing free and then add a \$3 charge just so we can try and build up a little bit of a club account in case we need to buy anything in the future, so this way ... we've got our own source of funding ourselves," Sage said.

He said he would like to have people who haven't seen animé

before, but have somewhat of an interest in it, to come to the club.

"A lot of people just view it as stuff with Pokémon, that it's stuff for kids, or it's stuff with the full nudity, or Ninja Scroll, where you've got the non-stop gore. It's not just that," he said.

Tim Vanderspek, a third-year broadcasting student, said he is an animé fan but hasn't heard of D.O.S. before.

"It's been my experience that animé clubs just aren't advertised," Vanderspek said. "(I feel clubs) need to be marketing their shows or clubs better, if they want a larger turnout."

Vanderspek said for example, clubs could advertise themselves on CJHQ or through Spoke.

"I really think that animé clubs would get a much larger turnout and as a result, it would be a much better club, if they were to have somebody who was effectively marketing it," Vanderspek said, adding the club needs to appoint a person whose job it is to make sure that people know this club exists.



# Country artists help light up the night

By LEE EVANS

Well-known Canadian country recording artists brightened the night at the opening ceremonies of the 11th annual Festival of Lights in Victoria Park on Nov. 26.

Hundreds of people crowded around the stage at the foot of the clock tower to listen to Jamie Warren, Lisa Hewitt, Jason Blaine, Colin Amy and Sean Hogan perform together.

They are currently touring cross-country to promote their CD releases, and this appearance was sponsored by local country music station KICX.FM.

Wearing a cowboy hat and braving the cold was country music fan Clint Holmes, who heard about the appearance on KICX.FM. He was quite impressed that several country music stars of this caliber were appearing onstage together for free.

Holmes said he usually goes to the Stampede Coral in Kitchener or the Silver Spur in Cambridge to see his favourite performers. He also said he saw Sean Hogan at Lulu's Roadhouse before it closed down.

More than 55,000 lights were used in the displays throughout the park, most of which were put up by volunteers from five different service clubs. Additional volunteers from Kitchener-Wilmot Hydro came out the previous Saturday and

Kearsley Electric paid for an electrician to come out the afternoon of the event to help finish the job and set up the stage.

Members of the service clubs take care of lights and decorations on lower trees said Nancy Crossley, chair of the Festival of Lights committee.

"KICX.FM was wonderful to us," she said "They donated a lot of air time."

Other sponsors involved in the project are the Investors Group, Kitchener-Wilmot Hydro, the Sertoma Club as well as various Lion's clubs.

"An older lady who has volunteered for years makes a cold, buffet-style lunch for everyone who helps set up the displays all day," said Crossley. "You ask any of the volunteers about her carrot cake, they all know what that's all about. She came this year even though her husband was in the hospital. These people are really committed."

Crossley said the volunteers were working in the park from 8 a.m. the day of the event, partially due to the snowstorm the previous Thursday.

"That set us back a bit," she said.

One of the new displays this year involves the bridge on the other side of the island being lit up, as extra hydro was installed on Roland Street to accommodate the extra lighting in the park.

More than \$7,000 was donated to the project by corporate sponsors, and the committee was hoping food sales would help boost that amount. The Food Bank was also on hand to accept donations of canned goods from the public.

George Patton was one of the volunteers from the Kitchener Oktoberfest Lion's Club manning the barbecue at the Schneider's food tent.

"We'll probably sell about 200 sausages, and probably over 200 hotdogs," he said.

Patton was celebrating the festive season with a Christmas "deely-bobber" headband on.

"Schneider's donated all the hotdogs, Weston's gave us the buns," said Patton, "and Williams donated the hot chocolate."

They also sold roasted chestnuts donated by Zehrs. The committee was hoping to raise about \$2,000 in food sales.

Crossley jokingly suggested to City of Kitchener councillor Geoff Lorentz, who was on hand for the event, that they should sell schnapps next year in addition to the hot chocolate, but he said he'd have to think that one over.

The money all goes toward maintaining the light display, which runs until Jan. 1.

Many families brought their children, and at the climax of the



(Photo by Lee Evans)

Lisa Hewitt and her bandmates delight the crowd of country music fans who gathered in Victoria Park on Nov. 26 to celebrate the opening ceremonies of the Festival of Lights. They performed for close to an hour in the cold, combining country hits and Christmas favourites.

band's performance, they stopped for a countdown and flipped the switch that turned on the lights throughout the park. Collective oohs and ahhs could be heard through the crowd, and then the band launched into Santa Claus is Coming to Town as Mr. and Mrs. Claus walked out in front of the

stage to cries of delight from small children.

Throughout the park, children tobogganed, built snow forts, made snow angels and took rides around the park in trolleys pulled by a small tractor lit up with Christmas lights, trailing the sounds of carols behind them.

## Now there's something for all your doggie needs

By TARA RICKER

If you think you've noticed an increase in our four-legged friends around town, that's because you have.

Dog sales have skyrocketed over the last four years.

"Pet sales increased six months after 9/11," said Lyn Bulmer, from CB's Pet Food and Supplies Store in Kitchener. "It had a huge impact on the pet industry."

More and more people started buying a pet companion to stop

them from feeling alone, said Bulmer.

"Most people began purchasing dogs to help them feel protected and safe," she said.

Currently there are just over five million dogs in Canada.

The increase of dogs has led to an increase in dog products out on the market.

One of the oddest products for sale is Dogoggles, which are goggles for dogs. They are available in various sizes and are ideal for dogs that enjoy outdoor pursuits such as

hiking, hunting or plain old posing. Doggles are also great for search and rescue dogs.

"Canine eyes need protecting from the sun just as much as ours," said Bulmer. "All Doggles are UV protected, and are great for dogs with eye disorders such as pannus and light sensitivity."

Another odd dog product on the market is called Puppy Go Potty. Don't worry, you read right, a potty for your dog. It's just like a litter box for cats only it's for dogs.

"If you are living in an apartment or condo this product can come in handy," she said. "It saves you the trouble of having to walk up and down the stairs, not to mention protect yourself and your pooch from battling the winter elements."

The potty system can also be an ideal product if you are caring for an older dog with special needs or if you are an owner of a new puppy.

"The most recent product to hit the shelves is an electric toothbrush for dogs."

There is more dog food to choose from now than ever, including healthier food for dogs.

With all the different types of health foods on the market for dogs some people have begun to think that dog owners are starting to over-domesticate their dogs.

"Although dogs are pets and to some owners, their children, they are still animals," Bulmer said baby boomers are responsible for the recent obsession and awareness of pet health.

"The baby boomers are starting to pay more attention to their health as they get older, causing them to pay more attention to their dog's health."

In many cases dog owners take better care of their dog than they do themselves.

"The owner controls what they

themselves and their dog eats," she said. "The owner can choose to eat something unhealthy where a dog does not have that option."

Owners who are aware and concerned about their dog's health will buy dog food from a specialty pet food store, where those owners who don't care or are unaware buy their dog food from a grocery store.

Dog food sold in grocery stores may initially appear cheaper to the buyer then dog food sold in a specialty store but it's not as inexpensive as the buyer thinks.

"The owner has to feed their dog larger amounts of lower quality food sold in grocery stores for the dog to obtain the maximum nutritional value," she said. "This means more work for the owner because they'll be picking up after their dog in the backyard more often."

Since there is healthier food for dogs it only seems fitting that there are dog vitamins and health supplements on the market as well.

Believe it or not many dogs today are on anti-depressants made especially for dogs.

"Dogs that are left home alone all day while their owner is at work can suffer from separation anxiety," she said.

The anti-depressants help the dog to relax and remain calm when their owner is not at home.

"Almost everything that is available for humans is available for dogs," she said. "There is an amazing amount of things out there."

If an owner does not like the idea of giving their dog anti-depressants they can always take it to doggy daycare.

Gabe McMann of Kitchener has been taking, Hank, her one-year-old white Labrador retriever, to doggy daycare for three months.

"Dogs that attend daycare develop superior social skills and self-confidence," said McMann. "This enables them to live a more relaxed life and also makes for a more content pet in the home."

Undesirable dog behaviour in the home is usually the result of stress or boredom and attending doggy daycare can alleviate this.

"You will benefit knowing that you don't have to feel guilty by not meeting the attention demands of your dog after a long day at work, because your dog will be too tired and will be very content to just rest at your feet while you relax and read the paper," she said.

McMann decided to enrol Hank in doggy daycare because of the amount of attention he needed.

"Having a dog is a full-time job," she said. "It's like having a young child in the house."

McMann said when she purchased Hank her whole life changed.

"You have to make arrangements for your dog if you are planning on leaving town for an extended period of time," she said. "Even if you are only going away on a day trip, you have to be home by a certain time to let the dog out."

Millions of Canadians already know pets make wonderful loving companions but some owners do take the concept of companion a bit too far, said Bulmer.

Each year Canadian families spend about \$3 billion on their pets. This exceeds consumer spending on children's toys, footwear, eye care and dental plans.

"There are a lot of owners who spend more on their pets than on themselves," she said. "Sadly, some owners even spend more money on their pets than they do on their children."



(Photo by Tara Ricker)

The amount of money dog owners spend on dog food per year varies on the size of the dog. Snow eats about \$450 worth of food a year.





## HOROSCOPE

Week of December 5, 2005



## Aries

March 21 - April 19

Christmas is nearly here, Aries, and being a student you can't buy a Rolls-Royce for every family member, but you can use your creativity to pick out or make just the right gifts. Lucky day: 6



## Libra

September 23 - October 22

You only live once, Libra, so go out and have some fun. Strap on some skates, skis or snowshoes and have some fun with your friends. Buy a toboggan and relive old memories. Lucky day: 7



## Taurus

April 20 - May 20

Taurus, are you in someone's bad books again? Never can stay out of trouble can you? Maybe you should bite the bullet and apologize. You've been wrong before. Lucky day: 8



## Scorpio

October 23 - November 21

Scorpio, there are people in your life who are trying to hold you back. Be gentle, yet firm and put them in their place. You have your own goals and you'll get there either way. Lucky day: 9



## Gemini

May 21 - June 21

The end of first semester is nearly here, Gemini, all of your hard work has been worth it. Don't relax just yet though, you still have final exams to study for. Lucky day: 10



## Sagittarius

November 22 - December 21

There are days when you don't think it's all worth it and you might feel like that this week, Sagittarius. Remember, you've come a long way and things will get better. Lucky day: 9



## Cancer

June 22 - July 22

Another fun week lies ahead of you, Cancer, go out and enjoy it. Never one to sit back and relax, go book shopping. Stake out Chapters looking for that special deal. Lucky day: 7



## Capricorn

December 22 - January 19

Just when you think you're ready to give up on school this week, Capricorn, you'll catch your second wind. You'll regain your enthusiasm and remember why you're here. Lucky day: 11



## Leo

July 23 - August 22

Christmas has almost arrived, Leo. Make it a memorable one. Deck the halls with mistletoe instead of holly, and invite over a bunch of single people who have caught your eye over the year. Time to party. Lucky day: 11



## Aquarius

January 20 - February 18

Don't be upset with your roommate this week, Aquarius. Just breath and close the door, keeping him or her on the outside. One day you'll look back at this and laugh, and they'll be in therapy. Lucky day: 8



## Virgo

August 23 - September 22

You aren't as innocent as you want everyone to believe, Virgo. For the most part, you aren't fooling many people. Try to be yourself instead of this façade. Don't worry, it didn't work for Britney either. Lucky day: 9



## Pisces

February 19 - March 20

Maybe you should be nicer to your roommate this week, Pisces. Sure, times have been rough since you two moved in together, but it's still early in the year. Maybe make some cookies as a peace offering. Lucky day: 9



Brandon Walker is a second-year journalism student holding fate in the palm of his hand.

# Rent dazzles on the big screen

By KRISTIN GRIFFERTY

It is a rare film that has a crowded theatre applauding after more than two hours of singing and dancing.

But that is exactly what *Rent* does.

The film opened in movie theatres on Nov. 23 after 10 years of being on the stage all over the world, not to mention winning a Pulitzer Prize along the way.

With six out of the original eight cast members starring in the movie version, *Rent* fans around the globe have been anticipating the film version for many years.

Despite all the hype surrounding the film, some critics are arguing that the film is just one long music video, with minimal dialogue and outrageous costumes and set design.

Regardless of all the mixed reviews that this film has received, any fan will thoroughly enjoy the movie, with its groundbreaking cinema mixed with a hint of theatre.

*Rent* is the story of eight friends living in the East Village in Manhattan in 1989, struggling to stay healthy and make ends meet.

Mark, (original Broadway cast member Anthony Rapp) is the quirky filmmaker who acts as a narrator of sorts, documenting his friends' lives while struggling with his own. Rapp's ex-girlfriend Maureen, (original Broadway cast member Idina Menzel) turned lesbian, is trying to make her new relationship work with a high-profile lawyer named Joanne, (newcomer Tracie Thoms), while working on her infamous protest performance. Original cast member and Law and Order star Jesse L. Martin plays Tom Collins, who gets roughed up at the beginning of the film, and finds comfort and solace in a transvestite named Angel, (original Broadway cast member Wilson Jermaine Heredia).

Still following me?

Taye Diggs, (How Stella Got Her Groove Back), is the villain in the movie, playing former friend Benny, who recently married rich and is threatening to evict the group of misfits from Alphabet City, to transform their loft into a cyber space.

Mimi Marquez, played by newcomer Rosario Dawson, is a HIV-positive heroin addict who falls for brooding musician Roger, (original Broadway cast member Adam Pascal) who is still recovering from the suicide of his ex-girlfriend April, leaving him with a note saying, "We've got AIDS."

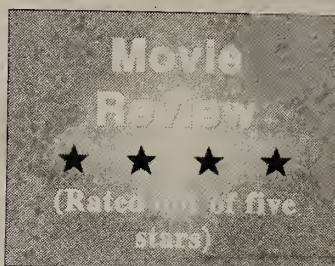
Out of these returning cast mates, Pascal and Menzel were both nominated for a Tony Award for their performance on stage, but lost.

Heredia was nominated, and took home the Tony for Best Performance in a Musical by an Actor.

The only two original Broadway cast members who decided not to take part in the film were Daphne Rubin Vega and Fredi Walker. Vega



(Internet Photo)  
Adam Pascal and Rosario Dawson find musical love amidst a world of HIV and drugs in the new movie, *Rent*.



humour and humility.

However, as wonderful as the film is, there are a few little burps where the transition from stage to film is not quite as smooth.

As Roger leaves New York for Santa Fe to escape problems brought on by Mimi, his travels have him pacing through the desert and sand hills like it is an everyday occurrence. But Pascal seems to over-shadow the cheese factor of the scene by belting out the lyrics to *Living in America* with co-star and friend Rapp.

Another bumpy scene is the one between Collins and Angel when the homosexual duo expresses their love for one another.

Once again, the music helps smooth over the awkward scene and quickly fades out into the next number.

Other dynamic musical duets between the characters include *Tango Maureen*, *I'll Cover You* and *I Should Tell You*.

It seems that each actor feeds off the other's energy, a pure testament to the chemistry and love that this cast clearly has for one another.

Any individual who is taking a chance and seeing this film without seeing the stage production first, should be pleasantly surprised at the raw energy and passion the movie has.

At its conclusion you may leave emotionally vulnerable, with a few song lyrics in your head.

For those of you who have seen the stage production, and perhaps were lucky enough to see the original cast in all their glory, you probably already know you are going to enjoy it.

I predict that *Rent* will have audiences back paying for more.

## FUN FACT

Hippopotomonstrosesquippedaliophobia is, ironically, the fear of long words.

Source: [www.wiktionary.org](http://www.wiktionary.org)



# Head to head: Is shootout a sure shot?

It's not necessary for a better game

It keeps fans on edge of seat

The new NHL is fast-paced and designed to create an offensive-style game that keeps fans on the edge of their seats.

Highlight-reel goals and high scoring affairs seem to pop up like pimples on prom night.

With the elimination of the red line, smaller goalie equipment and the referees cracking down on all those irritating obstruction penalties, players are bulging the twine more often, which is what the fans pay the big bucks to see.

As a player and fan myself, I strongly believe most of these new rules are great for the game.

This new series of rules has embraced speed and finesse and has showcased the pure playmaking ability of the NHL stars.

Essentially these rules emphasize entertainment, but has the NHL taken this word entertainment too far?

Of course I am referring to the shootout.

Is this part of the game or is it simply an elaborate finale which a hard fought war is decided upon?

Hockey is a team game and any successful team must have the required discipline, team chemistry and all the essential tools to construct a winning team, not just individual talent.

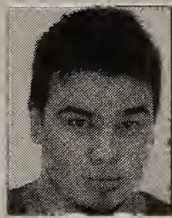
Take past New York Ranger teams for example, with stars like Jaromir Jagr, Pavel Bure, Bobby Holik and Eric Lindros among others; one would expect this multi-million-dollar franchise to produce a winning campaign.

Even with all the talent in the word the Rangers have failed to make the playoffs in nearly 10 seasons. Why?

Simply because they have had teams of individuals who were missing the key body part of any winning team, heart.

Ask yourself this, would past Ranger teams of talented individuals have made the playoffs if there was a shootout in previous seasons?

Considering the shootout was moulded on the foundation of individual talent, I'd be willing to



Nick Casselli

*Opinion*

wager my entire tuition for next year saying they would have.

How many gruelling back and forth games this year have already been concluded with a shootout?

I know all you Leaf fans know exactly what I mean.

What if those three points Toronto missed out on in their shootouts against Ottawa and Carolina come back to haunt them down the stretch?

The Nashville Predators have won four shootout wins and are near the top of the Western Conference. These four extra points Nashville has stolen from the shootout may be the deciding

factor in a playoff berth.

Edmonton and Calgary fans will certainly have a foul taste in their mouths if Nashville steals a precious playoff spot causing them to miss out.

In other sports like baseball and basketball there is continuous overtime until a winner has emerged.

Why can't hockey be the same?

Overtime is a test of endurance, discipline, team heart and desire.

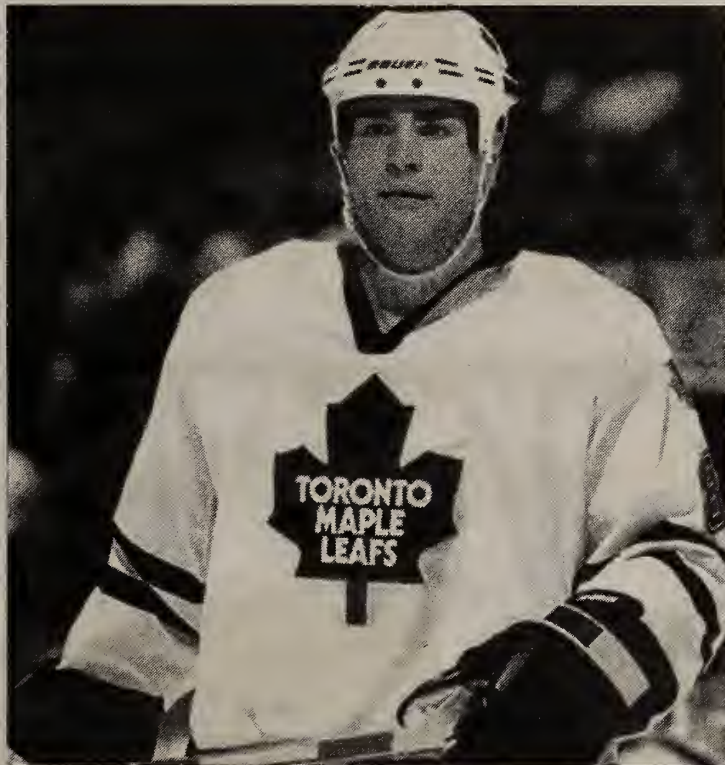
The shootout dismisses these valuable aspects and spits in the face of a "team game" for the sake of entertainment.

Maybe it's time the NHL looks up the definition of a hockey "team." Last time I checked a team was more than three offensive stars and a goalie.

With all these new rule changes there is more than enough entertainment to captivate hockey fans.

Is the shootout really necessary or has the NHL become a circus?

What do you think?



(Internet photo)

Eric Lindros is a centre for the Toronto Maple Leafs.

We're at the quarter mark of the NHL season, and there has been lots of amazing hockey to watch. Yes, the NHL is back and better than ever. Faster paced, more goal scoring, it's more exciting than ever. The change in rules in the "new" NHL brought all these great elements to the game, and helped bring fans back.

The elimination of the red line was one of the league's greatest ideas. By getting rid of two line passes, it leaves the game wide open to more breakaways and odd-man rushes. It also eliminates the boring defensive trap that many fans were complaining about.

One of the greatest changes was the adding of a shootout. If two teams are tied after the five-minute overtime period, each side picks three players to participate in the shootout. By adding this it adds closure to games, and also creates new excitement.

People argue that the shootout rule takes away from the team aspect of the game. In a way, that is true because only four people can decide the game. But, how many times do you see the NHL's greatest goal scorers go up against the greatest goaltenders in the old NHL?

Only in a penalty shot situation, and that was very rare. Just imagine,



Adam Black

*Opinion*

Mario Lemieux against Patrick Roy in their prime. I guarantee fans would be sitting on the edge of their seats during that matchup. Now, with the number of amazing rookies who just entered the league this season, it will raise the excitement level of the game and might even attract a new crowd of hockey fans.

The only new rule I have a problem with is the goalie only being allowed to play the puck in the "trapezoid" area behind the net. I think it's unnecessary after this season's drastic reduction in the size of goaltender equipment.

Now they can't help their defence as much. Looks like a goalie's life might be a lot more difficult, and their statistics aren't going to be as high anymore.

But that aside, I think with these new rules in effect that there's a bright future for the NHL. Fans are flocking back to see their favourite teams, and have seen some exciting action, with lots more to come.



(Internet photo)

Sidney Crosby, centre for the Pittsburgh Penguins, was drafted this year after being one of 111 potential draft picks.

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### INTRAMURALS

Ice Hockey: Tuesday, Wednesday & Thursday 4:30 - 6pm  
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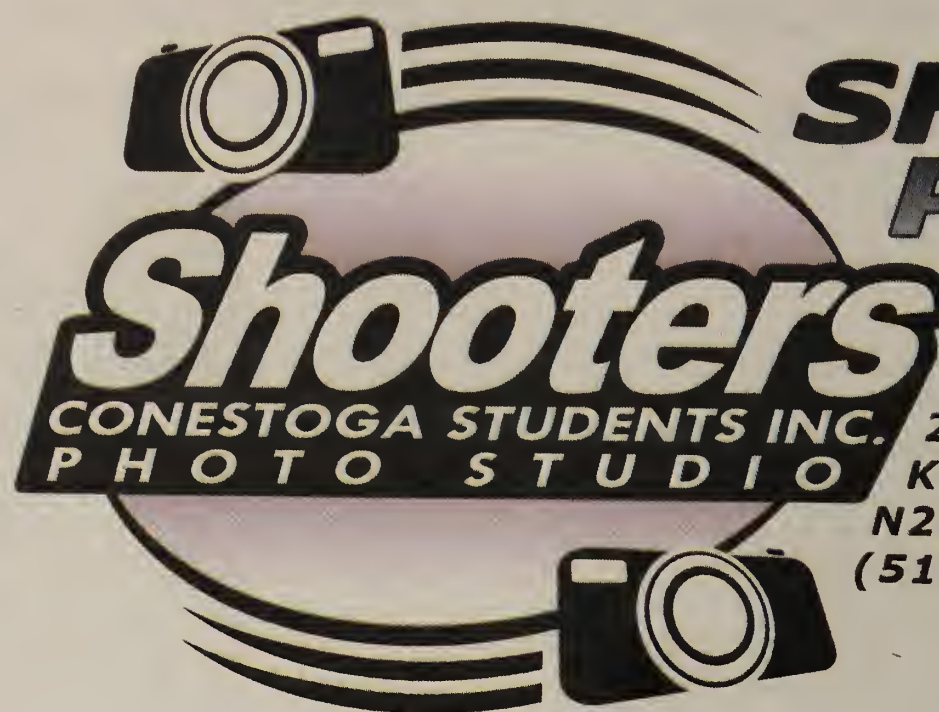
Ball Hockey: Monday & Thursday 4:30 - 6pm  
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Basketball: Tuesday 4:30 - 6pm  
Fee: \$30 cash team bond

reminder: to gain access to any of the facilities at the Rec Centre you must present your student card at the front desk





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